1. An exercise device configured to enable the interaction of a user, the exercise device comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user, the exercise mechanism having one or more operating parameters;

(b) interface means, communicating with the exercise mechanism, for gathering a first signal from the user;

(c) communicating means, communicating with the interface means, for receiving a packetized second signal; and

(d) means, responsive to the packetized second signal, for controlling the operating parameters of the exercise mechanism.

2. An exercise device as recited in claim 1, wherein the exercise device is configured to enable a user to interact in real-time communication, the first signal comprising a real time signal and the second signal comprising a real time signal and the means for controlling the operating parameters of the exercise mechanism controlling the operating parameters in real time.

3. An exercise device as recited in claim 1, wherein the packetized second signal comprises a signal selected from the group consisting of an audio signal, a visual signal, and a control signal.

4. An exercise device as recited in claim 3, wherein the control signal is synchronized with at least one of the audio signal and the visual signal.

5. An exercise device as recited in claim 3, wherein a trainer promulgates the control signal.

6. An exercise device as recited in claim 3, wherein a communication system promulgates the control signal.

7. An exercise device as recited in claim 3, wherein a third party promulgates the control signal.

8. An exercise device as recited in claim 1, wherein the interface means is selected from the group consisting of: (i) one or more audio input devices; and (ii) one or more video output devices.

9. An exercise device as recited in claim 1, wherein the interface means comprises one or more controllers.

10. An exercise device as recited in claim 1, wherein the interface means comprises a video camera integrally formed with the exercise device.

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11. An exercise device as recited in claim 1, wherein the communicating means enables transmission of the first signal.

12. An exercise device as recited in claim 1, wherein the communicating means comprises one or more processors adapted to packetize the first signal gathered by the interface means.

13. An exercise device as recited in claim 1, wherein the communicating means is selected from the group consisting of (i) a translator device; and (ii) a computer.

14. An exercise device as recited in claim 1, wherein the communicating means receives the packetized second signal including synchronized control signals from a communication system that is in communication with a trainer.

15. An exercise device as recited in claim 1, wherein the communicating means communicates with a communication system that is configured to generate one or more second signals.

16. An exercise device as recited in claim 15, wherein the communication system comprises memory configured to store the second signal.

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17. An exercise device as recited in claim 1 wherein the first signal comprises one or more signals representative of any measurable parameter of the exercise device.

18. An exercise device as recited in claim 1, wherein the first signal comprises one or more signals representative of any measurable parameter of the user of the exercise device.

19. An exercise device as recited in claim 1, wherein the first signal represents the status of the exercise device thereby activating the communication means to receive the packetized second signal.

20. An exercise device as recited in claim 19,wherein the status of the exercise device is selected from the group consisting of: (i) an active signal; (ii) inactive signal; and (iii) standby signal.

21. An exercise device as recited in claim 1, further comprising means for reproducing the second signal.

22. An exercise device as recited in claim 21, wherein the means for reproducing the second signal comprises one or more audio output devices and one or more video output devices.

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23. An exercise device as recited in claim 21, wherein the means for reproducing the second signal comprises an output device selected from the group consisting of an audio output device and a video output device.

24. An exercise device as recited in claim 1, wherein the means for controlling the operating parameters of the exercise mechanism in comprises one or more controllers configured to separate the synchronized control signal from the second signal.

25. An exercise device as recited in claim 24, wherein the means for controlling further comprises one or more actuators activated by the one or more controllers in response to the synchronized control signal.

26. An exercise device as recited in claim 1, wherein the packetized second signal comprises a signal selected from the group consisting of: (i) a packetized control signal; and (ii) a packetized control signal and a signal from a communication system.

27. An exercise device as recited in claim 1, wherein the packetized second signal comprises a packetized control signal and a signal from a trainer, the signal from the trainer comprising a signal selected from the group consisting of an audio signal and a visual signal.

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28. An exercise device as recited in claim 27, wherein receipt of said packetized second signal is substantially uninterrupted during receipt of said control signal.

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29. An exercise device configured to enable interaction of a user, the exercise device comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user, the exercise mechanism having one or more operating parameters;

(b) at least one user interface device, communicating with the exercise mechanism, the at least one interface device gathering a first signal from the user;

(c) a communicating mechanism, communicating with the user interface device, the communicating mechanism receiving a packetized second signal; and

(d) a controller, responsive to the packetized second signal, configured to control the operating parameters of the exercise mechanism.

30. An exercise device as recited in claim 29, wherein the at least one user interface device is selected from the group consisting of one or more audio input devices and one or more video input devices.

31. An exercise device as recited in claim 29, wherein the communicating mechanism comprises an iFit.com button, the iFit.com button adapted to initiate communication with a communication system that enables real-time transmission of the first signal to a trainer.

32. An exercise device as recited in claim 31, wherein the communicating mechanism enables transmission of the first signal, evaluates the first signal and generates the second signal based upon the first signal.

33. An exercise device as recited in claim 32, wherein the first signal comprises signals that represent one or more parameters of the user exercising on the exercise device.

34. An exercise device as recited in claim 33, wherein the one or more parameters comprise any measurable parameter of the user of the exercise device.

35. An exercise device as recited in claim 29, wherein the communicating mechanism comprises a translator device and computer communicating with the exercise mechanism.

36. An exercise device as recited in claim 29, further comprising a control panel, the control panel being configured to enable a user to input the first signal and to receive the second signal.

37. An exercise device as recited in claim 29, wherein said at least one interface device comprises a manual override control, the manual override control being configured to prevent the means, responsive to the packetized second control

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signal, for controlling the operating parameters of the exercise mechanism in real-time from controlling the operating parameters of the exercise mechanism.

38. An exercise device as recited in claim 29, wherein the exercise device further comprises a safety mechanism, said safety mechanism capable of manipulating the operating parameters of the exercise mechanism in the event that the packetized second control signal is interrupted.

39. An exercise device a recited in claim 29, wherein the first signal comprises a real time signal, the communicating mechanism receives a packetized second real time signal and the controller is configured to control the operating parameters of the exercise mechanism in real time.

40. An exercise device as recited in claim 29, wherein the exercise device further comprises one or more sensors, said one or more sensors being configured to sense the one or more operating parameters of the exercise mechanism.

41. An exercise device as recited in claim 29, wherein the exercise device further comprise one or more sensors, said one or more sensors being configured to identify whether a user is using the movable element.

42. An exercise device as recited in claim 41, wherein the one or more sensors identify whether the user is an adult or juvenile user.

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43. An exercise device as recited in claim 29, wherein the exercise device is a device selected from the group consisting of a master device, a slave device, and a sub-slave device.

44. An exercise device a recited in claim 43, wherein the exercise device is a slave device and is configured to control one or more sub-slave devices.

45. An exercise device as recited in claim 29, wherein the exercise device further comprise a diagnostic control, said diagnostic control activating a connection with a communication system to check the status of the exercise device.

46. An exercise device as recited in claim 45, wherein the diagnostic control activates a downloading process to retrieve one or more software updates the from communication system.

47. An exercise device as recited in claim 29, wherein the exercise device further comprises a scaling control, the scaling control being configured to enable a user to select a value representative of the proportional change to be made to the packetized control signal received by the communicating means.

48. An exercise device as recited in claim 29, wherein the communicating mechanism enables transmission of the first signal.

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49. An exercise device configured to enable a user to receive workout-related information, comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user;

(b) a user interface device communicating with the exercise mechanism and configured to gather one or more user control signals from the user;

(c) a communicating mechanism in communication with the user interface device and adapted to enable transmission of the user control signals to a communication system, the communicating mechanism being further adapted to receive a packetized second signal including synchronized control signals from the communication system;

(d) means for reproducing the second signal; and

(e) means, responsive to the synchronized control signals carried by the second signal, for controlling the operating parameters of the exercise mechanism.

50. An exercise device as recited in claim 49, wherein the user interface device comprises one or more manually activated controls configured to generate the user control signals.

51. An exercise device as recited in claim 49, wherein the user interface device comprises a translator device and a computer.

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52. An exercise device as recited in claim 49 wherein the second signal comprises one or more audio and video signals and the synchronized control signal.

53. An exercise device as recited in claim 49, wherein the communication system comprises:

(a) one or more storage devices adapted to store the one or more audio and video signals;

(b) a control signal generator configured to generate one or more synchronized control signals; and

(c) a control processor configured to synchronize the synchronized controls signals with the one or more audio and video signals and deliver the second control signal to the communication mechanism.

54. An exercise device as recited in claim 49, wherein the communication system receives the one or more audio and video signals and the synchronized control signals from an exercise device of a trainer.

55. An exercise device as recited in claim 49, wherein the communication system receives the synchronized control signals from a third party communicating with the communication system.

56. An exercise device as recited in claim 49, wherein the exercise device communicates with the communication system via a network.

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57. An exercise device as recited in claim 56, wherein the network comprises a network selected from the group consisting of a wide area network, a local area network, a home network, a packetized network, and the Internet.

58. An exercise device as recited in claim 49, wherein the communication system comprises a web site comprising one or more web pages, the web site being configured to assist with the transmission of the packetized second signal.

59. An exercise device as recited in claim 49, wherein the means for reproducing the second signal comprises one or more audio output devices and one or more video output devices.

60. An exercise device as recited in claim 59, wherein the one or more video output devices comprises one or more video displays.

61. An exercise device as recited in claim 49, wherein the communication system analyses the user control signals and generates the packetized second signals based upon the analysis of the user control signals.

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62. An exercise device as recited in claim 61, wherein the communication system receives another signal from the exercise device representative of the one or more operating parameters of the exercise mechanism and generates the packetized second signal based upon the another signal.

63. An exercise device as recited in claim 61, wherein the communication system receives another signal from the exercise device, the another signal being representative of any measurable parameter of the user of the exercise device.

64. An exercise device as recited in claim 49, wherein the means, responsive to the synchronized control signals carried by the second signal, for controlling the operating parameters of the exercise mechanism comprises:

(a) a speed actuator configured to vary a speed of the movable element;

(b) an incline actuator configured to vary the incline of the movable element;

(c) one or more decoders configured to separate the synchronized control signals from the second signal;

(d) one or more processors configured to operate the speed actuator and the incline actuator in response the synchronized control signal received from the one or more decoders.

65. An exercise device as recited in claim 49, wherein the means, responsive to the synchronized control signals carried by the second signal, for controlling the operating parameters of the exercise mechanism comprises:

(a) a speed actuator configured to vary a speed of the movable element;

(b) a resistance actuator configured to vary the resistance applied to the movable element;

(c) one or more decoders configured to separate the synchronized control signals from the second signal;

(d) one or more processors configured to operate the speed actuator and the resistance actuator in response the synchronized control signal received from the one or more decoders.

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66. An exercise device configured to enable a user thereof to interact with a trainer in real-time communication via a communication line, comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user;

(b) a user interface device configured to gather a first real-time signal from the user;

(c) a communication interface cooperating with the user interface device and configured to enable real-time communication of the first real-time signal to the trainer and subsequently receiving a second real-time signal from the trainer through a communication system, the communication system being adapted to generate one or more control signals that are synchronized with the second real-time signal;

(d) means for reproducing the second real-time signal; and

(e) means, responsive to the one or more control signals, for controlling the operating parameters of the exercise device in real-time.

67. An exercise device as recited in claim 66, wherein the second real-time signal comprises programming selected from the group consisting of an audio broadcast, a video broadcast, a combined audio and video broadcast, a webcast, a live broadcast, or a prerecorded broadcast.

68. An exercise device as recited in claim 66, wherein the second real-time signal comprises programming that is transmitted via a transmission media selected

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from the group consisting of the air waves, cable, satellite, the internet, radio frequency, wireless, or infra-red.

69. An exercise device as recited in claim 66, wherein the means for reproducing the another audio and video signal is integrated into the exercise device.

70. An exercise device as recited in claim 66, wherein the means for reproducing the another audio and video signal is separate and distinct from the exercise device.

71. An exercise device as recited in claim 69 or 70, wherein the means for reproducing the another audio and video signal comprises a television.

72. An exercise device as recited in claim 69 or 70, wherein the means for reproducing the another audio and video signal comprises an audio output device and a video output device.

73. An exercise device as recited in claim 66, wherein the means for controlling comprises:

(a) means for decoding the control signals; and

(b) means, electrically coupled to the decoding means, for driving the movable element in response to the decoded control signal.

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74. An exercise device as recited in claim 66, wherein the means for controlling comprises:

(a) means for decoding the control signals having an input and an output; and

(b) means, electrically coupled to the output of the decoding means, for driving the moveable element in response to the decoded control signal.

75. An exercise device as recited in claim 66, wherein the reproducing means comprises a loudspeaker.

76. An exercise device as recited in claim 66, wherein the reproducing means comprises an RF transmitter configured to transmit the second signal to an output device.

77. An exercise device as recited in claim 66, wherein the reproducing means comprises an infrared transmitter configured to transmit the second signal to an output device.

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78. An exercise device for enabling one or more users to select and perform an exercise program stored on a communication system, the exercise device comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user, the exercise mechanism being configured to enable a user to exercise in response to an exercise program selected from one or more exercise programs stored on a communication system in network communication with the exercise mechanism; and

(b) control means, communicating with the exercise mechanism, for receiving one or more packetized control signals from the communication system indicative of the selected exercise program and for changing one or more operating parameters of the exercise mechanism based upon the selected exercise program and the one or more packetized control signals.

79. An exercise device as recited in claim 78, wherein the selected exercise signals comprise at least one audio signal and at least one video signal.

80. An exercise device as recited in claim 78, wherein the communication system comprises one or more storage devices adapted to store the one or more exercise programs.

81. An exercise device as recited in claim 78, wherein the network is selected from the group consisting of a local area network, a wide area network, and the Internet.

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82. An exercise device as recited in claim 78, wherein the exercise mechanism includes one or more actuators configured to vary one or more operating parameters of the exercise mechanism.

83. An exercise device as recited in claim 78, wherein the control means comprises at least one decoder configured to decode the one or more packetized control signal and at least one processor configured to activate the one or more actuators in response so the one or more decoded control signals.

84. An exercise device as recited in claim 78, wherein the communication system comprises:

(a) one or more storage devices adapted to store the one or more audio and video signals;

(b) a control signal generator configured to generate one or more control signals; and

(c) a control processor configured to synchronize and packetize the controls signals with the one or more audio and video signals and deliver the packetized control signal to the exercise mechanism.

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